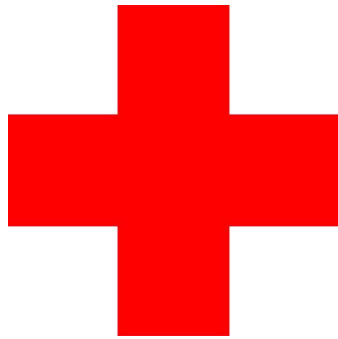


Tuolumne County Recreation Department
~Creating Community Through People, Parks, and Programs~



Lifeguard Training

Pre-Test: Saturday, June 25th
June 25th – July 2nd
Registration Fee: None
Registration is Open

Register online at
www.TCRecreation.com

Or at the
Recreation Department
43 N. Green Street, Sonoma, CA
533-5663



Course Prerequisites:

1. Participants must be 15 years old on or before the final scheduled session of this course.
2. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both. Swimming on the back or side is not allowed. Swim goggles may be used.
3. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
4. Complete a timed event within 1 minute, 40 seconds.
 - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
 - Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

All program registration is first come, first served. Space is limited!